# The Basic Core

*Gagana Sāmoa*
Samoan

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name

classroom

basic core start date

basic core finish date

## What is the Basic Core?

The Basic Core contains essential elements of the language you will need to master in order to fulfill your purpose in your mission language. It will help you establish a foundation, focus your study, and evaluate your progress. The Basic Core includes vocabulary, phrases, and scriptures that will help you master the six teaching tasks. Set goals and work diligently to quickly master the these tasks.

## What are the 6 Tasks?

Meet Someone
Offer a Prayer
Testify
Extend an Invitation
Share a Scripture
Give a Simple Overview

## Which Scriptures and Passages?

Your Missionary Purpose

Moroni 10:3-5

Baptismal Invitation

Joseph Smith's First Vision

## How Long Do I Have?

You will have ten days to master the six tasks, additional vocabulary, and the four scriptures and passages.

## How Do I Track My Progress?

Your teacher or companion will check the box to the left of the task or vocabulary when you can correctly answer the question "what is _____ in Samoan?"

## The 5 Principles of Memorization

1. **Know the Meaning:** Always find out the meaning of what you are learning and write it down if necessary. When you are learning words, don't ignore how prefixes and suffixes affect meaning. Additionally, you should practice repeating the meaning of each word out loud.

2. **Focus on the Form:** All language is made up of two things: the meaning and the words which carry that meaning. Form includes how it sounds, how it's pronounced, and how it's written. Form also includes noticing patterns in grammar and word order in phrases. Find out how to say each word and practice until you can pronounce it correctly.

3. **Practice Aloud:** We learn and remember language better when we practice it physically, building muscle memory. Practice your words, phrases, or grammar out loud, repeatedly. Say it again and again until it becomes automatic and you can do it without looking.

4. **Apply it:** Applying it well means using what you are learning in real situations. If it's part of a lesson, practice teaching it to your companion. Finally, think about the meaning of what you say and express it with feeling.

5. **Plan Spaced Reviews:** Step 5 moves language to your long-term memory where it will remain for good. Early reviews should be done aloud and may require you to use notes or materials to look up certain parts. They are completed when you can fluently produce the vocabulary or grammar without looking at notes. Later reviews can be less frequent and can be done without notes while doing other physical tasks like walking or standing.

# Scriptures and Passages

- ☐ Your Missionary Purpose

  *Preach My Gospel*, 1

- ☐ The Baptismal Invitation

  *Preach My Gospel,* 40

- ☐ Joseph Smith's First Vision

  *Preach My Gospel*, 37

- ☐ Moroni 10:3-5

# Alphabet and Pronunciation

## Samoan Alphabet

| | Letter | English Sound |
|---|---|---|
| ☐ | a | saw (drop your jaw) |
| ☐ | e | eight (drop your jaw) |
| ☐ | i | see |
| ☐ | o | oar (drop your jaw) |
| ☐ | u | too (drop your jaw) |
| ☐ | f | fast |
| ☐ | g | singer |
| ☐ | l | long |
| ☐ | m | monkey |
| ☐ | n | next |
| ☐ | p | about |
| ☐ | s | sister |
| ☐ | t | tree |
| ☐ | v | vest |
| ☐ | h | help |
| ☐ | k | cake |
| ☐ | r | real |

# Meet Someone

## Phrases

| | |
|---|---|
| How are you doing? | `O ā mai `oe? |
| I am Elder ____. | `O a`u `o Elder ____. |
| I am from ____. | `Ou te sau mai ____. |
| I am Sister ____. | `O a`u `o Sister ____. |
| My name is ____. | `O lo`u igoa `o ____. |
| Pleased to meet you. | `O se fiafiaga lava e feiloa`i ma `oe. |
| What is your name? | `O ai lou suafa? |
| Where are you from? | `Ofea `e te sau mai ai? |
| Hello. | Talofa. |
| Goodbye. | Tofā Soifua. |

## Vocabulary Words

| | |
|---|---|
| brother (of a female) | tuagane |
| brother (of a male) | uso |
| city | `a`ai |
| companion | soa |
| country | atunu`u |
| countryside | tuā |
| daughter (of a man) | afafine |
| daughter (of a woman) | tama teine |
| Elder | Elder |
| family | `āiga |
| father | tamā |
| good | lelei |
| good afternoon | mālō le soifua i lenei `aoāuli |
| good evening | mālō le soifua i lenei pō |
| good morning | mālō le soifua i lenei taeao |
| he | `o ia |
| her | lona |
| his | lona |
| how | fa`apefea |
| husband | tane |
| I | a`u |
| it | `o ia |
| its | lona |
| Lord | Ali`i |
| married | fa`a`ipo`ipoina |
| missionary | faife`autāla`i |
| mother | tinā |

| | |
|---|---|
| ☐ my | lo`u |
| ☐ name | igoa |
| ☐ nice | agalelei |
| ☐ of, from | mai |
| ☐ pleasure | fiafiaga |
| ☐ representative | sui |
| ☐ servant | `au`auna |
| ☐ she | `o ia |
| ☐ Sister | Sister |
| ☐ sister (of a female) | uso |
| ☐ sister (of a male) | tuafāfine |
| ☐ son (of a man) | atali`i |
| ☐ son (of a woman) | tama tama |
| ☐ The Church of Jesus Christ of Latter-day Saints | `O le `Ekālesia a Iesū Keriso o le `Au Pa`ia o Aso e Gata ai |
| ☐ their (3+ people) | lo lātou |
| ☐ their (2 people) | lo lā |
| ☐ they (3+ people) | ilātou |
| ☐ they (2 people) | ilā`ua |
| ☐ to be | `avea ma |
| ☐ to come | sau |
| ☐ to get to know | fa`amāsani |
| ☐ to go | alu |
| ☐ to grow up | tuputupu a`e |
| ☐ to have (to exist) | iai |
| ☐ to know | iloa |
| ☐ to live | ola |
| ☐ to meet | feiloa`i |
| ☐ to please | fa`amālie |
| ☐ to represent | fai ma sui iā |
| ☐ town | nu`u |
| ☐ we (3+ people)(inclusive) | itātou |
| ☐ we (3+ people)(exclusive) | imātou |
| ☐ we (2)(inclusive) | itā`ua |
| ☐ we (2)(exclusive) | imā`ua |
| ☐ where | `ofea |
| ☐ which, what | `o le ā |
| ☐ wife | avā |
| ☐ you (one person) | `oe |
| ☐ you (2 people) | `oulua |
| ☐ you (3 people) | `outou |
| ☐ your | lou |

# Offer a Prayer

## Phrases

| | |
|---|---|
| Dear Heavenly Father, | Le Tamā Pele `o i le lagi, |
| Please help us to learn ____. | Fa`amolemole fesoasoani iā imātou e a`oa`o ____. |
| We thank thee for Thy love. | Mātou te fa`afetai iā te `oe mo lou alofa. |
| We ask Thee to bless us with Thy Spirit | Mātou te `ole atu iā te `oe e fa`amanuia iā imātou ma lou Agaga. |
| Please bless my companion. | Fa`amolemole fa`amanuia i la`u soa. |
| In the name of Jesus Christ, amen. | I le suafa o Iesū Keriso, `āmene. |
| God always listens to our prayers. | E fa`afofoga mai le Atua i a tātou tatalo i taimi uma. |

## Vocabulary Words

| | |
|---|---|
| always | taimi uma |
| amen | `āmene |
| answer | tali |
| blessing | fa`amanuiaga |
| charity | alofa mamā |
| comfort | fa`amāfanafanaga |
| dear | pele |
| for | mo |
| gift of tongues | mea`alofa o gagana |
| grateful | loto fa`afetai |
| gratitude | agaga fa`afetai |
| guidance | ta`ita`iga |
| Heavenly Father | Tamā Fa`alelagi |
| help | fesoasoani |
| house | fale |
| inspiration | musumusuga |
| Jesus Christ | Iesū Keriso |
| opportunity | avanoa |
| our | lo mātou |
| patience | onosa`i |
| prayer | tatalo |

| | |
|---|---|
| ☐ prophet | perofeta |
| ☐ safety | saogalēmū |
| ☐ strength | mālosi |
| ☐ thankful | loto fa`afetai |
| ☐ thanks | fa`afetai |
| ☐ The Holy Ghost | le Agaga Pa`ia |
| ☐ to address | ta`u |
| ☐ to ask | fesili |
| ☐ to bless | fa`amanuia |
| ☐ to close | fa`ai`u |
| ☐ to communicate | feso`ota`i |
| ☐ to confirm | fa`amautinoa |
| ☐ to express | fa'aali |
| ☐ to feel | lagona |
| ☐ to find out | sā`ili |
| ☐ to forgive | fa`amāgalo |
| ☐ to give | tu`uina |
| ☐ to hear | lagona |
| ☐ to help | fesoasoani |
| ☐ to invite | vala`aulia |
| ☐ to kneel | to`otuli |
| ☐ to learn | a`oa`o |
| ☐ to listen | fa`alogo |
| ☐ to offer | ofo |
| ☐ to pray | tatalo |
| ☐ to receive | maua |
| ☐ to thank | fa`afetai |
| ☐ to want | mana`o |
| ☐ today | i lenei aso |
| ☐ tomorrow | taeao |
| ☐ truth | `upumoni |
| ☐ when (future) | `ā |
| ☐ when (past) | `ina `ua |
| ☐ with | ma |

# Testify

## Phrases

| | | |
|---|---|---|
| ☐ | God is our Heavenly Father. | `O le Atua `o lo tātou Tamā Fa`alelagi |
| ☐ | We are His children. | `O itātou `o Ana fānau. |
| ☐ | Jesus Christ is the Son of God. | `O Iesū Keriso `o le Alo o le Atua |
| ☐ | Through the Atonement, we can receive eternal life. | E ala i le Togiola, e mafai ona tātou maua le ola fa`avavau. |
| ☐ | We can return to God by keeping ourselves clean. | E mafai ona tātou toe fo`i atu i le Atua e ala i le tausia `o itātou lava `ia mamā. |
| ☐ | I know that ____. | Ou te iloa ____. |
| ☐ | I am thankful for the love of our Heavenly Father. | `Ou te loto fa`afetai mo le alofa o lo tātou Tamā Fa`alelagi. |

## Vocabulary Words

| | | |
|---|---|---|
| ☐ | atonement | Togiola |
| ☐ | because | ona |
| ☐ | blessed | fa`amanuiaina |
| ☐ | children | fānau |
| ☐ | church | `ekālesia |
| ☐ | clean | mamā |
| ☐ | closer | latalata atili |
| ☐ | commandment | poloa`iga |
| ☐ | effect | taunu`uga |
| ☐ | feeling | lagona |
| ☐ | forgiveness | fa`amāgaloga |
| ☐ | God | Atua |
| ☐ | gospel | talalelei |
| ☐ | heart | loto |
| ☐ | Holy Ghost | Agaga Pa`ia |
| ☐ | hope | fa`amoemoe |
| ☐ | if | `āfai |
| ☐ | Joseph Smith | Iosefa Samita |
| ☐ | joy | `oli`oli |
| ☐ | lives | olaga |
| ☐ | living | ola |
| ☐ | love | alofa |

| | |
|---|---|
| ☐ loving | alofa |
| ☐ mind | māfaufau |
| ☐ must | ao |
| ☐ peace | filemu |
| ☐ priesthood | perisitua |
| ☐ sacred | sā |
| ☐ Savior | Fa`aola |
| ☐ Spirit | agaga |
| ☐ testimony | molimau |
| ☐ that | lenā |
| ☐ The Book of Mormon | le Tusi a Māmona |
| ☐ this | lenei |
| ☐ to answer | tali |
| ☐ to appear | fa`aali |
| ☐ to be able to | mafai |
| ☐ to believe | talitonu |
| ☐ to change | sui |
| ☐ to desire | mana`o |
| ☐ to exist | iai |
| ☐ to follow | mulimuli |
| ☐ to keep | tausi |
| ☐ to love | alofa |
| ☐ to sacrifice | faitaulaga |
| ☐ to testify | molimau |
| ☐ to witness | molimau |
| ☐ true | moni |

# Extend an Invitation

## Phrases

| | | |
|---|---|---|
| ☐ | Will you be baptized? | `O le `ā `e papatiso ai? |
| ☐ | How can we help you to prepare for baptism? | E mafai fa`apefea ona mā fesoasoani iā te `oe e sāunia mo le papatisoga? |
| ☐ | In order to be baptized, you need to attend church regularly. | `Ina `ia mafai ona papatisoina, e tatau ona `e `auai i le lotu e lē aunoa. |
| ☐ | I know that God will bless you for your faith to repent. | `Ou te iloa `o le `ā fa`amanuiaina `oe e le Atua mo lou fa`atuatua e salamō ai. |
| ☐ | Will you pray to God about the truthfulness of the Book of Mormon? | `O le `ā `e tatalo i le Atua e uiga i le moni o le Tusi a Māmona? |

## Vocabulary Words

| | | |
|---|---|---|
| ☐ | baptism | papatisoga |
| ☐ | commitment | ta`utinoga |
| ☐ | congratulations | mālō lava |
| ☐ | covenant | feagaiga |
| ☐ | daily | aso ta`itasi |
| ☐ | difficult | faigatā |
| ☐ | doubt | māsalosalo |
| ☐ | evening | afiafi |
| ☐ | example | fa`ata`ita`iga |
| ☐ | happiness | fiafia |
| ☐ | message | sāvali |
| ☐ | problem | fa`afītāuli |
| ☐ | question | fesili |
| ☐ | Sabbath day | Aso Sāpati |
| ☐ | sad | fa`anoanoa |
| ☐ | suggestion | fautuaga |
| ☐ | the Word of Wisdom | le Upu o le Poto |
| ☐ | to attend | `auai |
| ☐ | to baptize | papatiso |
| ☐ | to begin | `āmata |
| ☐ | to call | vili |
| ☐ | to come by | afe mai |
| ☐ | to commit | ta`utino |

| | | |
|---|---|---|
| ☐ | to continue | fa`aauau |
| ☐ | to discuss | talanoa |
| ☐ | to experience | a`afia |
| ☐ | to extend | tu`uina atu |
| ☐ | to hope | fa`amoemoe |
| ☐ | to make sure | fa`amautinoa |
| ☐ | to obey | usita`i |
| ☐ | to overcome | manumālō |
| ☐ | to prepare | sāuni |
| ☐ | to promise | folafola |
| ☐ | to recommit | toe ta`utino |
| ☐ | to repent | salamō |
| ☐ | to return | fo`i |
| ☐ | to start | `āmata |
| ☐ | to stop | tāofi |
| ☐ | to strengthen | fa`amālosi |
| ☐ | to trust | fa`alagolago |
| ☐ | to try | taumafai |

# Share a Scripture

## Phrases

| | | |
|---|---|---|
| ☐ | May we read a scripture in the Book of Mormon together? | E mafai ona tātou faitau fa`atasi se mau i le Tusi a Māmona? |
| ☐ | Let's read a scripture about faith. | Se`i tātou faitau se mau e uiga i le fa`atuatua. |
| ☐ | Please, read these verses out loud. | Fa`amolemole, faitau leotele nei fuai`upu. |
| ☐ | It's on page ____. | `O le itūlau ____. |
| ☐ | According to this verse, why is baptism important? | E tusa ai ma lenei fuai`upu, `aiseā e tāua ai le papatisoga? |
| ☐ | How do you feel about ____? | `O ā ni ou lagona e uiga i ____? |
| ☐ | Diligently studying the scriptures helps us to understand truth. | `O le su`esu`eina filigā o tusitusiga pa`ia e fesoasoani iā itātou `ia mālamalama i le `upumoni. |

## Vocabulary Words

| | | |
|---|---|---|
| ☐ | about | e uiga i |
| ☐ | aloud | leotele |
| ☐ | Bible | Tusi Pa`ia |
| ☐ | chapter | matā`upu |
| ☐ | Doctrine and Covenants | Matā`upu Fa`avae ma Feagaiga |
| ☐ | during | a`o fai |
| ☐ | experience | a`afiaga |
| ☐ | important | tāua |
| ☐ | New Testament | Feagaiga Fou |
| ☐ | number | numera |
| ☐ | Old Testament | Feagaiga Tuai |
| ☐ | on | i |
| ☐ | page | itūlau |
| ☐ | Pearl of Great Price | Penina Tau Tele |
| ☐ | people | tagata |
| ☐ | please | fa`amolemole |
| ☐ | principle | matā`upu |
| ☐ | promise | folafolaga |
| ☐ | scripture | mau |

| | |
|---|---|
| ☐ section | vāega |
| ☐ there is | e iai |
| ☐ thought | manatu |
| ☐ to apply | fa`aaogā |
| ☐ to become | `avea |
| ☐ to explain | fa`amatala |
| ☐ to find | maua |
| ☐ to like | fiafia |
| ☐ to look for | sā`ili |
| ☐ to mean | uiga |
| ☐ to notice | mātau |
| ☐ to read | faitau |
| ☐ to share | fa`asoa |
| ☐ to show | fa`aali |
| ☐ to study | su`esu`e |
| ☐ to teach | a`oa`o |
| ☐ to think | māfaufau |
| ☐ verse | fuai`upu |
| ☐ while | a`o |
| ☐ one | tasi |
| ☐ two | lua |
| ☐ three | tolu |
| ☐ four | fā |
| ☐ five | lima |
| ☐ six | ono |
| ☐ seven | fitu |
| ☐ eight | valu |
| ☐ nine | iva |
| ☐ ten | sefulu |

# Give a Simple Overview

## Phrases

| | | |
|---|---|---|
| ☐ | Do you believe in God and Jesus Christ? | Pe `e te talitonu i le Atua ma Iesū Keriso? |
| ☐ | What has lead you to believe that? | `O le ā le mea `ua māfua ai ona `e talitonu fa`apenā? |
| ☐ | Through Jesus Christ, we can overcome sin. | E ala iā Iesū Keriso, e mafai ai ona tātou manumālō i agasala. |
| ☐ | We are missionaries of The Church of Jesus Christ of Latter-day Saints. | `O itātou `o faife`autāla`i o le `Ekālesia a Iesū Keriso o le `Au Pa`ia o Aso e Gata Ai. |
| ☐ | The Book of Mormon testifies of Jesus Christ. | E molimau le Tusi a Māmona iā Iesū Keriso. |
| ☐ | Would you like to learn more about the Book of Mormon? | Pe `e te fia a`oa`o atili e uiga i le Tusi a Māmona? |
| ☐ | We have a message about Jesus Christ. | `Ua iā itātou se sāvali e uiga iā Iesū Keriso. |

## Vocabulary Words

| | | |
|---|---|---|
| ☐ | faith | fa`atuatua |
| ☐ | first | muamua |
| ☐ | in | i |
| ☐ | knowledge | poto |
| ☐ | life | olaga |
| ☐ | more | atili |
| ☐ | no | leai |
| ☐ | obedience | usiusita`i |
| ☐ | or | po`o (followed by nouns) |
| ☐ | or | pe (followed by everything else) |
| ☐ | plan | fuafuaga |
| ☐ | repentance | salamō |
| ☐ | restored | toefuata`iina |
| ☐ | salvation | fa`aolataga |
| ☐ | thing | mea |
| ☐ | time | taimi |
| ☐ | to come back | toe o`o mai |
| ☐ | to enjoy | fiafia |
| ☐ | to restore | toefuata`i |
| ☐ | to take | `ave |

| | | |
|---|---|---|
| ☐ | to talk | tautala |
| ☐ | well | lelei |
| ☐ | what | `o le ā |

# Helpful Phrases

## Phrases

| | |
|---|---|
| ☐ Did I understand you correctly? | Pe `ua `ou mālamalama sa`o iā te `oe? |
| ☐ Did you understand? | `Ua `e mālamalama? |
| ☐ Excuse me. | Tulou. |
| ☐ Good job! | Mālō! |
| ☐ Help me, please. | Fesoasoani mai, fa`amolemole. |
| ☐ How do you say ____? | E fa`apefea ona fai mai le ____? |
| ☐ I don't understand. | `Ou te lē mālamalama. |
| ☐ I have a question. | `Ua iai la`u fesili. |
| ☐ I'm not sure that I understand you. | `Ou te lē mautinoa `ua `ou mālamalama iā te `oe |
| ☐ I'm sorry. | Fa`amālie atu. |
| ☐ It's ____ o'clock. | `Ua tā le ____. |
| ☐ It's okay. | E lē afāina. |
| ☐ May I speak in English? | E mafai ona `ou tautala i le fa`apālagi? |
| ☐ No problem. | E leai se mea `o iai. |
| ☐ Please say it again. | Toe fai mai ai fa`amolemole. |
| ☐ Repeat that please. | Toe fai mai fa`amolemole. |
| ☐ Say it slower, please. | Fai mai lēmū, fa`amolemole. |
| ☐ Thank you. | Fa`afetai. |
| ☐ What does ____ mean? | `O le ā le uiga o le ____? |
| ☐ What is this called in Samoan? | `O le ā le ta`uga o lenei mea i le fa`asāmoa? |
| ☐ What is this called? | `O le ā le ta`uga o lenei mea? |
| ☐ What is your question? | `O le ā lau fesili? |
| ☐ What time is it? | `Ua tā se fia? |
| ☐ Where are we going? | `Ofea tā te ō ai? |
| ☐ Would you repeat that please? | `O le `ā `e toe fai mai, fa`amolemole? |
| ☐ You're welcome. | Fa`afetai fo`i. |

## Vocabulary Words

| | |
|---|---|
| ☐ bathroom | fale `ese |
| ☐ book | tusi |
| ☐ cafeteria | fale `aiga |
| ☐ camera | meapu`eata |
| ☐ cell phone | telefoni feavea`i |
| ☐ chair | nofoa |
| ☐ classroom | potu vasega |
| ☐ clock | uati |
| ☐ companionship study | su`esu`ega fa`alesoa |
| ☐ computer | komepiuta |
| ☐ devotional | faigālotu |
| ☐ dictionary | tusi `upu |
| ☐ district | itū |
| ☐ English | Igilisi |
| ☐ notebook | api |
| ☐ paper | pepa |
| ☐ pen | peni |
| ☐ pencil | penitala |
| ☐ personal study | su`esu`ega fa`aletagata lava ia |
| ☐ slow | lēmū |
| ☐ teacher | faiā`oga |
| ☐ telephone | telefoni |
| ☐ there | `i`inā |
| ☐ to repeat | toe fai |
| ☐ to review | `ilo`ilo |
| ☐ to say | fai |
| ☐ to understand | mālamalama |

# Notes

# Notes

THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS